



Late at night, some men do their hardest worrying. Each thought glows like the burning end of a cigarette. Chain-thoughts like: "How am I doing my job? Have I reached my top? Are my best earning years numbered? "And how will that affect my other job-as husband, father, family provider? Will I be

able to do the things we've planned? What about college for the children? And our home -will I always be able to meet payments?" Every man has to ask himself these questions. And not till he finds the right answers will the worry about the future cease.

One fundamental answer, of course, lies in a systematic plan of saving-one that builds soundly for the years ahead.

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A. Wye, Inc. Office of publication, 20 to Stated, New York 10, N. Y. Information the Act of March 189, 1879, Section Shreet, Springfield S, State, Lutherlift and concentre offices, one Matter, April 15th, 1944, at the First Office at Springfield 12 Inner, April 15th, 1948, at the First Office at Springfield 12 Inner, St.78. Copyright, 1960, sp A A Wyn, Inc. 5























The Night I Dared Leaving to a price of the second of the



















































GLAMORIZING YOURSELF

SHOES FOR EVERY OCCASION

The ballerina shoe is dancing its way to the top as the newest in trends. Not only is it becoming a (avorite in its own right, but it is influencing other

shoe styles.

Most shoes are light and airy. An exception, of course, is the sturdy flat. All heights of heels are in fashion—high, medium, low, or none at all. There

are heels—and shoes—for all occasions.

The shing pump is another favorite. Straps are at the height of fashion. Straps form the sling on the pump, band the toe, swirl across the instep, fasten

around the ankle.

Many shoes are intricately designed. While most shoes are open-toed, closed toes are very much in

style, are smart and trim.

Toes twinkle for formal wear—with brilliants, with large naitheads, with colored plastic studs. Other shoes are ornamented with perforations, cutouts and

Black, brown and blue remain the favorite colors in the order named, but red is a runner-up. And sucde and calf are by far the favorite materials. But with all this glamour to choose from, you have to be practical minded as well as aesthetic when you buy a pair of shoes. You can't inst point in a

dream of a shoe in a showcase and say, "I'll take a pair of that!" Yes have to be fitted.

Before you even step inside a slose store, you can form a pretty good idea of what correct fitting means in your case by looking at the soles of your old shoes. It was have worn off the extreme tin of your shoe ho

a greater extent than the rest of the sole, your shoes are either too short or too long.

Then, while the saleman is slipping your foot in

and out of new shoes, here are some things to think shoat: First, buy good shoes. But even the best workmanship and material can't keep a poorly fitted shoe from

casing you hours of misery.

In a closed-to-shoe of correct length, there should be a space of half an inch between the end of the toe and the end of the box. If you be be space of the shoe If you be being an operator shoe, your toes should come to the end of 'the inside. Be sure your shoes fit singly around your heel. The half of your foot should be directly over the sharp curve of the sole edge where it begins to taper back under the arch of the foot.

While you are triping on your thinse, willing back.

and forth in front of a low mirror, look for these things: 1. If the uppers under the arch of your shoes are wrinkled and puckered just behind the ball of your

foot, the shoes are too short.

2. If the uppers of your shoes bulge out at the edges of the sole, the shoes are too narrow.

3. If the leather over the instep can be gathered by finger pressure, the shoes are too loose.

After you've bought your beautiful, new, wellhing shoes, take care of them! When you reliable are non over, have new lifts put on them. Keep your shoes clean and polished, Put shoe trees in the shoes clean and polished. Put shoe trees in white you are not wearing them. If, your shoes become wee, don't dry them with here that is greater and normal room temperature. In other words, don't put them under a radiator or in the overa! Treat them.

WHAT'S YOUR BEAUTY PROBLEM?

good friends.

Chapped hands are painful and unlovely looking. Guard against this beauty problem by applying hand lotion or cream before going outdoors. Wear your gloves when you're out in the wind and weather.

After your hands have been ammersed in water, always dry them carefully and apply a lotton of crem. It is a good plan to apply a rich lubrosting cream to your hands at night before terring. Slip on an old pair of cotton gloves to keep the cream from rubbing off on the bedicthes.

If Lips Are Chopped
Soothe chapped lips with a medicated cream at night. Wear a creamy lipstick by day to protect your lips. If you don't wear lipstick, then protect your lips with a colorless pomade obtainable in lipstick form.

For Fever Blisters And Cold Sores

These blasters and sores, varying in size from pin point to pinhead, occur in groups and often run together to form one large blister or sore. As a rule, these blasters dry up of their own accord. However, when they are bucker, they heal more slowly.

For thirters or cold some accompany indigention, construction and some allowses. Nervous disorders or infections of tech or bonsils may cause these sores, too. When they tecus, better see a doctor, locally, treatment of the infected skin is the application of soothing powders. Spirits of campbor and hacture of benom are helpful II swelling accompanies the amountain, use borie sed or a week alcohol solution.

How To Make Oily Hoir Drier And Softer

Surprisingly enough, not all brilliantines are oily. Many on the market are designed especially for oily hair and contain a percentage of alcohol to keep oiliness in check. Investigate these. Between your recologiat shampoos, give your hair

a dry, powdered shimpoo to absorb and remove excess oil. A hundred strokes with your hair brush eath night will give a polished sheen to your hair and help to normalize the oil glands responsible for the condition. To Correct Round Shoulders

Round shoulders may be a direct consequence of had posture. The correction for this lies not in the old-fashioned "throw your shoulders back" demand but by getting your whole body in line. Stand before a mirror with your feet about six inches apart and your toes pointed straight ahead. Your knees should be slightly relaxed; your arms hanging naturally at

your sides Now pull your abdomen up and in and pull your buttocks down and in. Stand as tall as you can, lifting the upper part of your body as though you would separate it at the waistline. Hold your head and neck high as though the back of the neck were settling on an imaginary collar. View yourself now from every angle and see how your shoulders have

adjusted themselves! Here is an exercise, too, to help correct round

shoulders: Stand with arms, head and shoulders drooped limply forward. Now, raise the upper part of your body, pulling in your turniny muscles. At the arms sideways, shoulder high, with your arms relaxed and elbows slightly bent, palms up. Next drop your head backward. Don't hunch your shoulders during this exercise. Return to start and repeat several times. Make-up To Conceal Veins

Unless the veins are unusually visible, a dark leg nake-up should prove satisfactory. If they are really unsightly, use the new preparation to conceal marks, scars, blemishes. You'll be able to obtain this at any drug or department store,

Pulling Out Your Hoir

This desire to pull out one's own hair is medically called "trichotillomania" and persons who have it are suffering from a nervous condition. Examination by a doctor may disclose a functional or organic disease of the nervous system. The fundamental cause should be determined and treated. The afflicted person must be induced to break this habit, as permanent loss of hair, infection or scars may result.

Morbid About Wearing Glasses

It's not necessary for you to wander through life half blind because you hate to wear glasses. You can have sourself fitted with the invisible glasses --contact lenses that fit directly over the eye and under the lids. Many models and movie stars are already wearing these glasses. It's also entirely possible that if you'd shop for new frames for your regular glasses you will find a shape that is more becoming than the old pair you loathe so bitterly. Many of the modern glasses are becoming.

Large Pores

You should use lots and lots of cold water or chilled astringent on your face. If you find the astringent is irritating to your skin, substitute witch hearl. Avoid the use of hot towels and hot water on your face as the heat tends to relax the pores. Warm

water is the thing to use to rinse away soap when washing a face that is susceptible to enlargement of pores. Cleanliness is of first importance.

Brows Are Thin And Too Short

Here's where you should try your skill with the eyebrow bencil, First, brush the brows in shape, then, beginning with the portion nearest the nose. fill in the under side of the brow with pencil. Use light, short, feathery strokes and gradually taper these up until you have reached the halfway mark. New go back to starting point and fill in the upper line of the brow, following its natural downward slope as it grows toward the temple. Conninue this line in a slight downward slope, to a line parallel with the outer corner of the eye. Press the penciled line lightly with your fingertip to smooth the stroke. Take care not to end the pencited line with a hook or exaggerated up or down swing. Long Fingernoils Teor Gloves

Here's a trick to save both the ties of your gloves and protect those precious long nails. Work a tiny pad of cotton in the fingers of all your gloves to act as a shock-absorbing cushion for the nails and as a protective lining to keep the points of the nails from penetrating the glove fabric.

A Red Nose

If your nose gets red when you're cold, there are two things you can do to minimize the redness and perhaps prevent it entirely. (1) Use a tinted foundation of the cake type before going out into the cold. It will hide a great deal of the redness. (2) Before going outdoors, dress warmly. When you seen out into the cold, don't he so afraid of chilling that you hunch within yourself. Stand quietly and take several deep breaths of the cold fresh air, hold yout head high, and let your arms swing freely. This will keep your circulation humming and you warmer. Huddling into yourself only makes you feel cold and miserable and - look it?

A Coot To Add Height

You can wear either the fitted or the box type of coat, but take care to keep your silhouette one long, unbroken line Avoid belts. Avoid short or three-quarter coats. The tuxedo type coat is becoming if the closing is outlined with ribbon, fabric, or a flat fur. The short girl striving for height should never wear anything but flat or small furs.

How To Stop Biting Fingernoils

a set of honest-to-goodness nails!

If you have tried all the remedies to stop this had habit without success, we can only suggest that you remove the temptation. Put on artificial nails - don't worry they'll look quite natural when trimmed to a conventional length. After wearing these nails for a few weeks, you should be thoroughly broken of the habit and equipped with







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